THE SIXTH REPORT
OF THE
NATIONAL COUNCIL
FOR
MENTAL HYGIENE
(INCORPORATED)

14 DEC 1940

WITH AN APPENDIX CONTAINING AN ACCOUNT OF THE CONFERENCE ON MENTAL HEALTH HELD IN LONDON FROM OCTOBER 30th TO NOVEMBER 2nd, 1929

1928 - 1929.

Registered Office :

78, Chandos House, Palmer Street,
LONDON, S.W.1.
(Telephone Victoria 5907)

The National Council for Mental Hygiene.

LIST OF REPORTS

Annual Reports with Appendices.

Précis of Evidence given before the Royal Commission on Lunacy and Mental Disorder.

Criminal Assaults on Young Persons.

The Treatment of Patients suffering from Neuroses, Psycho-Neuroses and Psychoses.

The Probable Causes of Mental Defect and Suggestions for dealing with them.

The Treatment of Young Offenders.

The Seconding of Nurses from General to Mental Hospitals and *vice versa* in England and Wales.

The Probable Causation of Mental Disorder.

The After-Care of Mental Cases.

*A Research Fellowship on the Normal and Abnormal Child.

The Early Treatment of Persons suffering from Functional Nervous Disorders and Minor Mental Maladies.

Child Guidance.

The Proceedings of the Conference on Mental Health held at Westminster, October 30—November 2.

*Awaits Publication.

The National Council for Mental Hygiene.

SUPPLEMENTARY REPORT.
JUNE—DECEMBER, 1929.

The Mental Health Conference.

The Conference on Mental Health, the first of its kind ever to take place in this country, was held from October 30 to November 2, 1929, and we feel Members will wish to have an account of it. A general résumé is, therefore, published as an Appendix to the 1928-29 Report. A full report of the Proceedings is in the Press and will be available at an early date.

The Conference, at which over 100 Societies and Associations were represented and over 3,000 persons attended, proved that there was a strong and increasing desire in the country for knowledge relating to mental hygiene. The programme was drawn up with a view to showing the close relation of mental hygiene to various social problems, and, judging from the keen discussions which followed each meeting and the members who asked for information regarding the work of the Council, this aspect was thoroughly appreciated. The Conference marked a definite advance in the history of the mental hygiene movement, and has prepared the way for its development on a large scale.

Autumn Lecture Series.

The Autumn series of lectures were well attended and greatly appreciated.

The Mental Treatment Bill, 1929.

On this Bill being introduced by the Government into the House of Lords, the Executive Sub-Committee appointed a special Sub-Committee to consider it and to advise the Chairman on the steps necessary to secure the success of the policy of the Council as expressed in its evidence before the Royal Commission.

Royal Commission Report.

The Joint Report by Sub-Committees I and II on the Recommendations of the Royal Commission on Lunacy and Mental Disorder was referred to the Special Sub-Committee on the Mental Treatment Bill.

JOHN R. LORD,
R. D. GILLESPIE,
Joint Hon. Secretaries.

THE NATIONAL COUNCIL FOR MENTAL HYGIENE
(INCORPORATED)

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Dr. Doris M. Odlum.

AIMS AND OBJECTS OF THE NATIONAL COUNCIL FOR MENTAL HYGIENE.

The activities of the National Council established in Great Britain embrace among others the following objects :—

(1) The improvement of the mental health of the community. This involves a closer and more critical study of the social habits, industrial life, and environments of the people, with a view to eradicating those factors which lead to mental ill-health and unhappiness, and the education of the public in all matters which militate for and against good mental health.

(2) The study of the causes underlying congenital and acquired mental defect and disorder, with a view to their prevention. To further this, the Council will promote scientific investigation by competent workers.

(3) To secure a more important position for the study of psychiatry in the medical curriculum, and the closer association of psychiatry with general medicine ; to further the establishment of special clinics and out-patient departments for the early treatment of mental disorders ; to raise the standard of care and treatment in the public mental hospitals, and to remove legal formalities which tend to postpone the effective treatment of cases of mental disorder in their early stages, or to divorce the treatment of mental disorders from other diseases. By combating the prevailing ignorance and superstition regarding the true nature of mental disorder, it hopes to assist in removing the stigma which handicaps the future welfare of those who have been thus afflicted.

(4) The study of criminality, dependency, vagrancy, and prostitution, in so far as they are failures of adjustment by reason of mental disorder or defect. The Council will further investigate the extent to which expert medico-psychological examination of persons charged with crime can be of help in elucidating the problem of habitual criminality.

(5) The study of mental hygiene of child-life in relation to education and parental responsibility.

(6) The Council hopes to be the liaison between all societies, associations and other bodies interested in or concerned with mental hygiene, and so far as it can with advantage co-operate with them.

MEMBERSHIP.

(Extract from Articles of Association.)

There shall be two classes of members, namely : (*a*) Full Members, and (*b*) Associate Members.

1. A person desirous of becoming a member of the Association shall by notice in writing signify his desire to become a member, and shall in such notice state whether he desires to become a Full Member or an Associate Member, and if the Association shall approve such person as a member, his name shall thereupon be entered in the Register of Members of the Association (to be kept pursuant to Section 25 of the Companies (Consolidation) Act, 1908), as a Full Member or as an Associate Member, as the case may be.

2. A Full Member shall pay an annual subscription of One guinea, and an Associate Member shall pay an annual subscription of Five shillings.

3. Every new member shall pay the annual subscription appropriate to his class at the time when he gives notice of his desire to become a member.

4. The annual subscription shall (except as provided by Clause 3 hereof) be due and payable on the first day of January in each year.

5. Any member intending to withdraw from the Association shall signify his intention to do so in writing before the first day of January ; otherwise he shall pay his subscriptions for the current year, whether he shall have exercised or enjoyed any of the member's rights and privileges or not.

6. Only a Full Member shall be eligible to become a Member of the Committee.

7. Only Full Members shall be entitled to vote upon the election of Members of the Committee, each member shall have one vote and no more, whether on a show of hands or on a poll, and all votes shall be given personally.

ANNUAL REPORT OF THE COUNCIL
1928-29.

The year ending June 30, 1929, though uneventful, was none the less one distinguished by steady and useful work, during which further preparations were made for the time when funds will be available to set afoot a more active campaign to bring home to the people the value of sound mental health and the importance of preventing mental illness. A new and broader conception of the mental hygiene movement is slowly taking shape and impressing itself on the public mind, but the real awakening to the dangers of apathy on this important subject has yet to be accomplished. Social workers, in their efforts for the welfare of children and of adults in distress, are impressed with the value of the psychological approach to such problems. But mental hygiene is not confined to prevention or amelioration of mental illness ; it embraces character-building, efficiency, and all mental life. The mission of the National Council is to carry the message of mental hygiene to every individual, every home, and every community, and its delivery depends upon the support the public can be brought to afford the Council.

Finance. With regard to finance, it is regrettable that opportunities for developing the work have been in a large measure curtailed owing to lack of funds. Thanks to generous friends and members, the Council continues to do useful work, but to carry on effective propaganda it needs, first and foremost, a medical director with an adequate staff and suitable offices. The Council wants to be in a position to publish and distribute informative literature, to organise regular meetings and courses of public lectures all over the country, and to promote more active research into the causation, prevention, and treatment of every form of mental illness. In view of the importance of all this work to the community, the Council makes an appeal to the public for support.

The Chairman. The Council again begs to thank Sir Maurice Craig, now its Chairman, for the unsparing efforts and care with which he has safeguarded its interests.

The Hon. Treasurer. Warm thanks are also due to Lord Southborough, who, in spite of much ill-health, has continued to give the Council his valuable assistance as Hon. Treasurer.

The Hon. Auditors. The Executive Committee appointed, subject to the approval of the annual meeting, Messrs. Barton, Mayhew & Company, Hon. Auditors, to succeed Messrs. Blackburns, Barton, Mayhew & Company, who resigned. The special thanks of the Council are due to the Hon. Auditors for their valuable services during the year.

Changes in Membership. During the period July 1, 1928, to June 30, 1929, 24 Full Members and 9 Associate Members joined the Council. Seven Members resigned during that period and three Members died, which left the total membership of the Council at 269. At the time of publication of this Report a further 8 Full Members and 14 Associate Members have joined, bringing the membership up to 291.

Sixth Annual General Meeting. The Sixth Annual General Meeting was held at the Caxton Hall, Westminster, on December 12, 1928, at 5 p.m., at which Sir Maurice Craig presided. After the notice convening the meeting had been read and the Minutes of the Fifth Annual General Meeting had been approved and signed, the Chairman announced that, contrary to the custom of the last few years, it had been decided not to hold a Public Meeting in connection with the Annual General Meeting, so that Members should have ample time to discuss the Report and Accounts for the past year and the proposed activities of the future.

The Meeting having approved this decision, the following Members of Committee—

Professor Edwin Bramwell,	Dr. Bedford Pierce,
Dr. Bernard Hart,	Professor George M. Robertson,
The Bishop of London,	Dr. T. A. Ross,
Dr. Doris M. Odlum,	Lord Southborough,

retiring by rota, were unanimously re-elected, and Dr. H. Freize Stephens was elected a Member of Committee.

The Hon. Solicitors (Messrs. Charles Russell & Company) and the Hon. Auditors (Messrs. Blackburns, Barton, Mayhew & Company) were unanimously re-elected, and a cordial vote of thanks for their services passed.

The Hon. Secretary, Dr. R. D. Gillespie (Lt.-Colonel J. R. Lord being absent through illness), then moved the adoption of the Report and Accounts for the year ending June 30, 1928, and briefly outlined the principal points of interest. Dr. H. Freize Stephens seconded the motion. Dr. A. Helen Boyle, Dr. Doris Odlum, and Dr. H. Freize Stephens spoke respectively on the work of the three Sub-Committees. Miss Evelyn Fox drew attention to the importance of approaching the Local Authorities to whom, under the new Local Government Act, the Poor Law functions would be transferred, on the subject of providing accommodation and treatment for early nervous and mental cases in the transferred general hospitals. The Chairman and several members spoke in support of this and it was referred to the Committee to undertake definite propaganda work in this direction.

Dr. Odlum, the Hon. Organiser to the Executive Committee, spoke on general propaganda work and emphasised the need of funds for its adequate development.

The Chairman then put the motion to the meeting that the Report and Accounts for the year ending June 30, 1928, be adopted,

and it was carried unanimously. A cordial vote of thanks to Sir Maurice Craig for presiding closed the meeting.

The Local Government Act of 1929. The passing of the Local Government Act of 1929, involving as it does important changes in the Public Health Services, has a particular significance for the Council. The taking over by the Local Authorities of the Poor Law Hospitals provides an opportunity of improving and extending the present facilities for the early treatment of mental disorders among the poor. The Council therefore has sent an open letter on the subject to all County and County Borough Councils, Public Health Committees, Medical Officers of Health, and others, urging the need of this special provision, and many replies expressing full sympathy have been received from the authorities concerned.

Popular Lectures. The year saw a new development of the Council's work in the holding in the spring of the first series of popular lectures on mental hygiene subjects. The experiment proved most successful and, judging by the interest and enthusiasm shown by those who attended the lectures, met a real need. Grateful thanks are due to the Lecturers who so kindly gave their services. The Council hopes to arrange in future for courses to be held each spring and autumn.

The Proposed Institute of Medical Psychology. The Tavistock Square Clinic, whose work is so valuable, is urgently needing funds to extend its activities. The present accommodation and staff has proved totally inadequate to cope with the demands for treatment, and the waiting list has had from time to time to be closed, it being impossible to take on new patients. It was therefore proposed to enlarge the scope of the Clinic and to form an Institute of Medical Psychology which would provide facilities for physical and mental examinations, treatment both in-patient and out-patient, training for social workers and students, and research. The Council, in accordance with its authorised mission, joined with the Clinic in promoting a Joint Appeal for this purpose. A Joint Committee was formed, general propaganda undertaken, a Conference on Mental Health planned, and a Ball on Guy Fawkes' night organised.

Mental Welfare Workers. A wider field has opened for social workers with the expansion of the mental hygiene movement. Mental welfare workers are needed for the Child Guidance Clinics which, it is hoped, will be established all over the country in the near future ; for the Children's Courts ; for School Care work ; for the Public Health Services ; for Hospitals of all kinds ; for Infant Welfare and Maternity Centres, and other sociological services. The problem hitherto has been the difficulty of getting workers adequately trained and experienced. America, through its Commonwealth Fund, has afforded opportunities of theoretical and practical training in Child Guidance work to a number of British social workers, and the Child Guidance Clinic which, through the generosity of the same fund, has been established in Islington, is now beginning to train students. A

further most important development is the University course of training in Mental Welfare work which is to be held at the London School of Economics this autumn. Lectures will be given in Psychiatry, Psychology, and Social Case work, and practical experience will be gained, under skilled supervision, at hospitals and psychiatric clinics. The course will extend over one year and cost about thirty guineas. Full particulars may be obtained from the Secretary of the London School of Economics.

The First International Congress of Mental Hygiene. The Council will, in common with all the European Leagues and Committees for Mental Hygiene, be sending official delegates to the First International Congress of Mental Hygiene, which is to be held in Washington from May 5—10, 1930. The interchange of ideas and experience on this occasion will be most valuable.

A Mental Treatment Bill. We are told that "To travel hopefully is better than to arrive," and certainly in regard to the possibility of a satisfactory Mental Treatment Bill the Council travels hopefully, but it also has confidence that it will eventually arrive! The general public has come to realise the need of early and preventive treatment in mental as in physical illness, and the much-needed modernising of the Lunacy Laws cannot be long delayed.

Leaflets. The Council has lately published two informative Leaflets entitled "Mental Health" and "What is Mental Hygiene?" These may be obtained singly or in quantities for distribution from the Office.

Acknowledgments. The Council offers its thanks to its Officers and also to all who, by their generous donations, have made it possible for the work to continue. In particular, it desires to thank Dr. A. Helen Boyle, who collected a sum of £57 for the propaganda campaign in connection with the Local Government, and Miss Gordon Holmes for the donation of £50 towards the general propaganda. Its special thanks are also due to Sir Maurice Craig and Miss V. M. Dale for their continued hospitality to the Committees and Sub-Committees, and to Dr. Doris Odlum for the organisation of the first series of lectures and the production of the first News Bulletin of the Council.

Resignation of the Secretary. Under this heading reference must be made to the service of Miss Evelyn Griffith who, to the great regret of the Council, has found it necessary to resign her position as Secretary owing to unavoidable personal reasons. During the period of her service the order and routine of the work of the Council has advanced to a point almost of perfection, and her keen interest, sympathy and understanding in regard to the Council's mission has enhanced the value of her work in that it has enabled her to assist in the preparation of propaganda literature. Her services throughout have been most valuable, and particularly are the special thanks of the Council due to her for her untiring efforts to ensure the success of the Mental Health Conference, towards which she so materially contributed.

JOHN R. LORD, } *Joint Hon.*
R. D. GILLESPIE, } *Secretaries.*

THE HON. ORGANISER'S REPORT TO THE EXECUTIVE COMMITTEE.

The propaganda movement has continued to advance during the past year, and has increasingly commanded the interest and support of the public, not only in so far as the Council is concerned, but in the subject of Mental Hygiene as a whole.

Conference. A Conference on Mental Health in conjunction with the Tavistock Square Clinic for Functional Nervous Disorders, has been arranged to take place from Wednesday, October 30, to Saturday, November 2, at the Central Hall, Westminster.

Lectures. Our work has been largely educational in character, and has included two series of public lectures, one held in the spring of 1929 and the second is to be held in the autumn.

The spring series was very successful, and brought in a profit of nearly £20.

Subjects and Speakers :—

Spring—" Dangerous Ages "—Childhood ... Dr. J. A. Hadfield.
" Dangerous Ages "—Youth ... Dr. E. Graham Howe.
" Dangerous Ages "—Middle Age ... Dr. A. Helen Boyle
" Efficiency and Deficiency " ... Dr. Letitia Fairfield.
" The Irresistible Impulse " Dr. W. A. Potts.
" The Minor Mental Disorders of Every-day Life" Dr. H. Crichton-Miller.
" The Problem of Nervous Breakdown " Sir Maurice Craig.
" The Mental Hospital of To-day " ... Sir Hubert Bond.

Autumn–" Adjusting to Life—in the Nursery " Dr. William Moodie.
" Adjusting to Life—at School " Dr. Elizabeth Sloan-Chesser.
" Safeguarding—Problems of Youth " Dr. E. Graham Howe.
" Young Citizen or Young Criminal ? " Dr. W. A. Potts.
" Environment and Heredity " Dr. G. W. B. James.
"The Woman Wage-earner " Dr. A. Helen Boyle.
" Mental and Nervous Problems of Every-day Life " Dr. Bernard Hart.

A still further series will be held on Wednesdays at 5 p.m., during February and March, 1930, in the Rooms of the Medical Society of London, 11, Chandos Street, W.1, and will take the form of lecture-discussions on various aspects of " Mental Health and the Child." The speakers will include Dr. Letitia Fairfield, Dr. H. Crichton-Miller, and Mr. W. Clarke Hall.

Meetings. Numerous meetings have been addressed by members of the Council, and there are already many applications for speakers for the coming year. Permission has been obtained

from the organisers of the Annual Conference of Educational Associations to hold a session on "Preventable Mental and Physical Strains of School-life," on Tuesday, January 7, 1930. Bishop Russell Wolfenden will take the chair, and the speakers will be Dr. William Moodie, Dr. H. Crichton-Miller, and Dr. Doris Odlum.

Bulletin. The first bulletin will be published in July, 1929. This will be followed by further bulletins as occasion arises. It was originally intended to publish them at regular stated intervals, but it is now thought that it will be of more value to issue them at such times as some particular circumstance arises, so that our members may be kept in closer touch with work actually being done.

Finance. The generous annual gift of £50 from Miss Gordon Holmes has been of the greatest assistance, and our gratitude is due to all those who have helped us with donations. But in spite of this we are still badly hampered for need of money. All our ventures so far have been financially successful in that they have not left us out of pocket, and in some cases have produced a profit. But this does not pay for the overhead expenses, which are necessarily heavy, and does not justify us in launching out on any more ambitious schemes. We are convinced that this is the time to put forward the subject of Mental Health. The public interest and knowledge is growing every day. The support which is being given to the Conference shows that the importance of mental hygiene in every aspect of the life of the individual and of the community is now appreciated by all thinking people.

The changes in Public Health administration that will result from the Local Government Act, are obliging people to consider the prevention and treatment of mental disorders.

This is the Council's opportunity, and it appeals to all those who believe in the value and importance of promoting mental health for help with donations and with personal services to carry on and develop its work.

DORIS M. ODLUM,

Hon. Organiser.

REPORTS OF SUB-COMMITTEES.

SUB-COMMITTEE No. I.

On the Prevention and Early Treatment of Mental Disorders.

Terms of Reference. "To secure for psychology and psychiatry a position in the medical curriculum more commensurate with their importance, and to further the closer association of psychology and general medicine.

To combat the prevailing ignorance and superstition with which the laity regard mental disease. To educate medical students and nurses as to the true nature of mental disorder, and its intimate relationship to disorders of the body.

To further the establishment of clinics and out-patient departments for the early treatment of mental disorders, and to encourage social service in connection therewith.

To remove formalities and prejudices which tend either to postpone the effective treatment of mental disorder or to divorce its treatment from that of physical disease.

To encourage facilities for prophylactic treatment.

To study the mental hygiene of child life in relation to parental responsibility and education, and to emphasise the importance of a knowledge of psychology among school medical officers and teachers."

The Year's Work. The Sub-Committee has met on the first Tuesday in each month at the house of Sir Maurice Craig. Dr. Bedford Pierce was re-elected Chairman and Dr. Doris Odlum Hon. Secretary for the year 1928-1929. During Dr. Bedford Pierce's absence abroad, Dr. H. Crichton-Miller was elected temporary Chairman. The appointment of Dr. Bedford Pierce to the Board of Control has necessitated his relinquishing the office of Chairman, and Dr. Crichton-Miller was asked to continue to act until the end of the session.

Royal Commission Report. The Sub-Committee completed its report on the recommendations of the Royal Commission on Lunacy and Mental Disorder relating to the early and preventive treatment of Nervous and Mental Disorder. This report has been incorporated with that of Sub-Committee No. 2.

Early Treatment. The Sub-Committee drafted a letter setting out the need for improved facilities for the treatment of poor persons and those of moderate means suffering from Nervous Breakdown and minor Mental Disorders in municipal hospitals or infirmaries under the new Local Government Act. This letter was sent out under the signature of the Chairman of the Council to County and County Borough Councils, Medical Officers of Health, Chairmen of Public Health

Committees, Secretaries of local branches of the British Medical Association, members of the Royal Medico-Psychological Association, and to other interested bodies and persons. Numerous replies have been received from Chairmen of Public Health Committees, Medical Officers of Health and others expressing their sympathy with the objects put forward in the letter, and promising to use their influence to further the provision of suitable facilities. The Sub-Committee hopes to follow this up by further propaganda, and by sending an organiser to interview the officials and others concerned in provincial areas. An appeal for funds to carry out this important work has already been issued by the Council.

International Questionnary. An international questionnary has been prepared and is now in circulation, asking for information as to the voluntary and official facilities available for the treatment of Nervous Breakdown and Minor Mental Disorder. The replies are not yet to hand, but they will be collated and a report issued in due course.

Future Activities. Until the Local Authorities have had time to consider their new duties and responsibilities, and until the fate of the Mental Treatment Bill is settled, it is not possible to decide upon any definite course of action as to early treatment. The Sub-Committee is therefore temporising and holding a watching brief, so that it may be ready to deal with problems as they arise.

HUGH CRICHTON-MILLER, *Acting-Chairman.*
DORIS M. ODLUM, *Hon. Secretary.*

SUB-COMMITTEE No. II.

On the Care, After-Care, and Treatment of the Insane.

Terms of Reference. "To study all questions connected with the care and treatment of patients in mental hospitals.

To raise the standard of general and medical education of all those engaged in nursing the insane.

To investigate the existing arrangements for visiting in mental hospitals, and to facilitate the organisation of After-care.

To assist in removing the stigma which handicaps those who have been mentally afflicted.

To promote a closer liaison between the medical officers of mental hospitals and the general body of the profession."

The Year's Work. During the year the meetings of the Sub-Committee have been held on the first Friday of the month. Miss V. M. Dale has very kindly continued to offer the hospitality of her house, and the Sub-Committee has met there on six occasions. Dr. Reginald Worth was re-elected as Chairman and Dr. Doris Odlum as Hon. Secretary.

Recommendations of the Royal Commission on Lunacy and Mental Disorder. The Sub-Committee completed its report on the recommendations relating to the care, treatment and after-care of patients. The report was incorporated with that of Sub-Committee No. 1 to form one document.

Observation Wards. The Sub-Committee has visited certain of the Observation Wards in connection with Poor Law Institutions in and around the Metropolitan area, and has investigated the conditions obtaining in these Wards for the treatment and care of patients admitted for observation and investigation of their mental state. An interim report has been drawn up and passed by the Sub-Committee, but will be held over until further investigations have been made. In view of the changes in Poor Law administration the Sub-Committee feels that this is a most valuable and important piece of work. It is proposed to continue it during the early months of 1930 and to issue a complete report in due course.

Lay Visitors in Mental Hospitals. The Sub-Committee has discussed this question at length. It is strongly in favour of the increase of the practice of lay visitation of mental hospitals, and is convinced that it adds greatly to the comfort and happiness of the patient. It is considering methods by which an extension of this system can be promoted.

Occupation Therapy. The Sub-Committee has also further considered the best means of promoting facilities for the organised training of workers in handicrafts in mental hospitals. It is convinced of the value of this work, and is anxious to see it extended. It will continue to deal further with this matter during the coming session.

REGINALD WORTH, *Chairman*,
DORIS M. ODLUM, *Hon. Secretary*.

SUB-COMMITTEE No. III.

On Mental Deficiency, Crime, Etc.

Terms of Reference. "To study the causes and prevention of mental disorder (in co-operation with other Sub-Committees as found necessary) and of mental deficiency.

To study criminality, dependency, vagrancy, prostitution, and allied social problems, in so far as these are failures of adjustment by reason of mental disorder or defect.

To enquire into the working of the Mental Deficiency Act and, where necessary, into such legislative measures as might have a bearing on these subjects, with a view to their amendment or revision."

Since the publication of its last Report, ten more Meetings of this Sub-Committee have been held, making a total of fifty-two in all.

The Sub-Committee has been considerably interested in the study of the prevention of abnormal mental conditions, one of the most valuable items in its terms of reference. In this respect, the Sub-Committee has merely reflected the general feeling of the country to-day.

Though much of the current agitation for the sterilisation of the mentally unfit is based upon imperfect knowledge, the movement nevertheless is an indication that the social mind in England and elsewhere has begun to be concerned, even though crudely, with a very important prophylactic matter. The safeguarding of the race against the evils and dangers of mental disorder and mental defect is an undertaking, the value of which cannot be over-estimated, and any manifestation of a national striving in this direction should be properly guided and used. It, therefore, becomes the responsibility of those whose knowledge and training place them in the best position to do so, to prepare themselves to counsel and direct this new social movement that is appearing in all civilised countries.

The Sub-Committee has addressed letters on this topic to various scientific bodies and public organisations enquiring :

1. If they had considered the subject of the prevention of mental disorder and defect, what their views and conclusions were, and if these had been embodied in any definite resolutions and schemes ;
2. What steps they had taken or hoped to take to educate the public in these matters.

The information so far received has not been satisfactory. "The Health Organisation of the League of Nations," writes its Medical Director, "has not hitherto given any attention to the prevention of mental disorder and mental deficiency, nor does this subject figure in the programme of our future activities." Similar replies were sent by the British Association for the Advancement of Science, the British Medical Association, and other organisations to whom the letters were directed. The Sub-Committee hopes that now this matter has been brought to the attention of these learned societies and public bodies it will become a subject of their earnest enquiry, so that one

of the gravest problems of our time may find an early and satisfactory solution.

To those who would advocate the immediate sterilisation of the mentally defective, the Sub-Committee would point out that there are at present insufficient data on which a statesmanlike scheme could be founded to effect the practical realisation of their proposal. The gathering of such data is urgently needed, and the Sub-Committee has suggested that the Ministry of Health in England is peculiarly fitted to undertake this task. The valuable reports recently published by the Wood Committee on Mental Deficiency have shown how useful Government Departments can be in the promotion of these enquiries, and the Sub-Committee hopes that the Ministry of Health will now complete what the Board of Education and the Board of Control have so ably begun.

The passing of the Local Government Bill into Law enabled the Sub-Committee once more to emphasise the necessity of providing suitable and sufficient institutional accommodation for mental defectives in England, and steps were taken to submit the following Resolution for consideration in the proper quarter :—

> " That, as there are at present in this country many mental defectives in need of special institutional treatment, and that, further, as there are also many mental defectives in the wards of Poor Law Hospitals to-day who would be better provided for in special institutions, this Sub-Committee is of the opinion, and would recommend, that certain selected institutions at present under the control of the Poor Law Authorities should be made available for the use of mental defectives when the duty of administering the Poor Law is assumed by the Local Authorities.

The Sub-Committee has also been interested during the past year in the treatment of the juvenile delinquent in London. On October 26th, 1928, the Home Secretary appointed a Committee with Lord Cornwallis, C.B.E., as Chairman, " To enquire into the working of the Police Courts and Juvenile Courts in the Metropolitan Police District and to consider and report, after consultation with the magistrates, whether any changes are desirable in the organisation of work at the Courts, or of the work of the Courts as a whole, or as regards the jurisdiction in the district, of Police Court Magistrates and County Justices respectively." To this Metropolitan Police Courts and Juvenile Courts Committee the Sub-Committee sent the following Memorandum :—

1. We are of opinion that the judical machinery must be retained in dealing with the Juvenile Delinquent. The Law acts as a disinterested body to safeguard the offender, if need be, against :—
 (*a*) The community.
 (*b*) Bureaucracy, as for instance, the Education Authority.
 (*c*) The parents.
 (*d*) Himself.

2. We desire that this machinery should be as simple and informal as possible.

3. We would advocate the formation of special "Juvenile Courts" dealing with all children up to school-leaving age, and with adolescents up to the age of 18.

4. These Courts should be of two types :—
 (*a*) Children's Courts : these should deal with all children up to school-leaving age. With them should be incorporated the Education Summons Court in order to prevent overlapping.

 It is especially desirable to avoid formality in these Courts. The magistrate should be able to consult with parents, education officers, social agencies, etc.
 (*b*) Adolescents' Courts : these should deal with young offenders from the school-leaving age (when they pass out of the hands of the education authority) up to the age of 18.

5. We would advocate the retention of the nine Courts now functioning in the London area. It is more satisfactory to have magistrates moving when necessary from court to court than to take the children long journeys out of their district.

6. We consider that the principle underlying the work of all juvenile courts should be that of dealing with the offender rather than with the offence.

7. Facilities should, therefore, be available for the investigation of the offender as an individual from the physical, psychological and environmental aspects.

8. That this may be adequately carried out, it is desirable to have :—
 (*a*) Specially qualified Stipendiary Magistrates.
 (*b*) Specially qualified Justices of the Peace.
 (*c*) Specially qualified Court Social Workers.
 (*d*) Psychiatrists and Physicians attached to the Courts to whom juvenile delinquents may be referred for mental or physical examination.

W. A. POTTS, *Chairman.*
H. FREIZE STEPHENS, *Hon. Secretary.*

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30TH JUNE, 1929.

Dr. *Cr.*

	£	s.	d.	£	s.	d.
To Secretary's Salary and Clerical Assistance	313	4	1			
,, Office Rent and Expenses ...	80	2	6			
,, Stationery, Printing, Postage, Advertising, &c.	75	5	0			
,, Travelling and Miscellaneous Expenses	7	4	6			
				475	16	1
,, Propaganda Expenses				44	15	11
				£520	12	0

	£	s.	d.	£	s.	d.
By Members Subscriptions—						
Year 1927 1 Full member at £1 1s.	1	1	0			
,, 1928 4 do. at £1 1s. ...	4	4	0			
,, 1928 1 Associate member at 5s.	0	5	0			
,, 1929 1 Full member at £1	1	0	0			
,, 1929 194 Full members at £1 1s.	203	14	0			
,, 1929 1 Full member at £2	2	0	0			
,, 1929 1 do. at £2 2s.	2	2	0			
,, 1929 42 Associate members at 5s. ...	10	10	0			
				224	16	0
,, Donations—						
General...	62	17	0			
"Early Treatment"—Propaganda per Dr. Helen Boyle	57	3	6			
Propaganda	61	18	6			
				181	19	0
,, Proceeds of Sale of Lecture Tickets ...				43	2	6
,, Excess of Expenditure over Income for the year, carried to Balance Sheet				70	14	6
				£520	12	0

THE NATIONAL COUNCIL FOR MENTAL HYGIENE (INCORPORATED).

BALANCE SHEET 30TH JUNE, 1929.

Dr. *Cr.*

	£	s.	d.		£	s.	d.
To Subscriptions Paid in Advance		94	9	0			
,, Sundry Creditors		1	18	2			
,, Colonel J. Waley-Cohen Fund		49	17	6			
(*Note.*—This Fund was created by a gift of £50 5% War Loan 1929/47, the Income to be applied to Subscriptions.)							
,, Accumulated Fund—							
As at 30th June, 1928 ...	166	5	10				
Less Excess of Expenditure over Income for the year, per attached account ...	70	14	6				
				95	11	4	
				£241	16	0	
By Cash at Bankers and in Hand				148	3	8	
,, Colonel J. Waley-Cohen Fund Investment—							
£50 5% War Loan 1929/47 at cost (Market value, £50 7s. 6d.)				49	17	6	
,, Sundry Debtors and Debit Balances ...				2	5	0	
,, Office Furniture and Equipment, at Cost—							
As at 30th June, 1928				41	9	10	
				£241	16	0	

Southborough,
Hon. Treasurer.

Evelyn Griffith,
Secretary.

We have audited the above Balance Sheet, dated 30th June, 1929, with the books and vouchers of the Council, and have received all the information and explanations we have required. In our opinion such Balance Sheet is properly drawn up so as to exhibit a true and correct view of the state of the Council's affairs according to the best of our information and the explanations given to us and as shown by the books of the Council.

Alderman's House, Bishopsgate, London, E.C. 2.
30th September, 1929.

BLACKBURNS, BARTON, MAYHEW & Co.,
Chartered Accountants,
Hon. Auditors.

SUBSCRIPTIONS AND DONATIONS

FOR THE YEAR ENDED 30TH JUNE, 1929.

	Subscriptions. £	s.	d.	Donations. £	s.	d.
Abercrombie, Dr. P., (per Dr. Helen Boyle) ...		—		1	0	0
Allen, Miss D. H.	1	1	0		—	
A. & A. (per Dr. Helen Boyle)		—		1	2	6
Anon		—		7	7	0
Anon, for special E. T. Propaganda		—		10	10	0
Armstrong-Jones, Sir Robert	1	1	0		—	
Ashby, Mrs. Corbett		5	0		—	
Bain, Dr. John, 1928/29	2	2	0		—	
Baird, W. H., Esq.	1	1	0		—	
Balfour, John, Esq.	1	1	0		—	
Balfour, Mrs. W. J.	1	1	0		—	
Barham, Dr. G. F.	1	1	0		—	
Barkas, Dr. Mary	1	1	0		—	
Barnes, Mrs.		5	0		—	
Barnett, Dame Henrietta, D.B.E., (†per Dr. H. Boyle)	1	1	0	†10	10	0
Barrow, Mrs. Harrison, (per Dr. Helen Boyle) ...		—		†10	0	0
Barton, the late Dr. P. F.	1	1	0		—	
Barton, Miss L. K.		5	0		—	
Baskin, Dr. J. L.	1	1	0		—	
Beers, C. W., Esq., (towards cost of reports) ...		—			10	0
Berkeley-Hill, Lt.-Col. Owen, M.A., I.M.S. ...	1	1	0		—	
Berry, Lady, M.D.	1	1	0		—	
Bervon, Miss Florence	1	1	0		—	
Bird, Sir Charles H., ...	1	1	0		—	
Birley, Dr. J. L.	1	1	0		—	
Birmingham Meeting, (per Dr. W. A. Potts) ...		—		1	18	6
Blaker, Mrs., (per Dr. Helen Boyle)		—		1	1	0
Bond, Sir Hubert	1	1	0		—	
Boyle, Dr. Helen	1	1	0		—	
Boyle, Miss O. W.	1	1	0		—	
Boyle, Sir Alexander, K.C.M.G.	1	1	0		—	
Brameld, Miss		5	0		—	
Bramwell, Mrs. George	1	1	0		—	
Bramwell, Professor Edwin	1	1	0		—	
British Social Hygiene Council (per Mrs. Neville Rolfe)	1	1	0		—	
Bromley, L. C., Esq.	1	1	0		—	
Brooke, Miss M. E. R.	1	1	0		—	
Brown, Dr. R. Dods	1	1	0		—	
Brown, Dr. William	1	1	0		—	
Brown, Miss A. F.		5	0		—	
Brown, Sir Herbert, K.B.E.	1	1	0		—	
Brownlow, Miss B.		5	0		—	
Buckland, Miss H.		—		1	1	0
Burges, The Revd. R.		5	0		—	
Burn-Forsyth, Miss M.		5	0		—	
Burt, Professor Cyril	1	1	0		—	
Buzzard, Sir E. Farquhar, Bart.	1	1	0		—	
Carried forward	34	11	0	45	0	0

	Subscriptions. £	s.	d.	Donations. £	s.	d.
Brought forward	34	11	0	45	0	0
Cadbury, G., Esq.	1	1	0		—	
Caldicott, Dr. C. H.	1	1	0		—	
Carpmael, Miss A. M.		5	0		—	
Carthew, Miss A. J. E.	1	1	0		—	
Castle Stewart, The Rt. Hon. The Earl of... ...	1	1	0		—	
Caton, Miss Hilda	1	1	0		—	
Cecil, The Lady Gwendolen	1	1	0		—	
Chambers, Dr. James	1	1	0		—	
Chambers, Miss Beatrice A.	1	1	0		—	
Chambers, Miss Florence E.	1	1	0		—	
Chambers, Mrs. H. Polhill	1	1	0		—	
Chichester, The Rt. Hon. The Countess of ...	1	1	0		—	
Chubb, Miss A. M. (†per Dr. Helen Boyle) ...	1	1	0	†1	1	0
Chubb, Miss M. V.		5	0		—	
Clark, Miss A. M.	1	1	0		—	
Clarke, Mrs.	1	1	0		—	
Cohen, Col. J. Waley	2	0	0		—	
Colfox, Miss A. L.	1	1	0		—	
Cooper, Miss Bertha H.	1	1	0		—	
Cowie, Miss J. C.	1	0	0		—	
Cowlin, Miss Gertrude		5	0		—	
Craig, Sir Maurice	1	1	0	25	0	0
Craven, Miss C. M.	1	1	0		—	
Crichton-Miller, Dr. H.	1	1	0		—	
Crow, Dr. Nora A.	1	1	0		—	
Cummins, Miss A. E.	1	1	0		—	
Dale, Miss V. M.	1	1	0		—	
Danielsen, Miss M. (per Dr. Helen Boyle) ...		—			10	0
Davidson, Dr. Andrew, (1928)	1	1	0		—	
Dawson, Dr. W. S.	1	1	0		—	
Dawson of Penn, The Rt. Hon. Lord	1	1	0		—	
de Peyer, Miss Hilda	1	1	0		—	
Devine, Dr. H.	1	1	0		—	
Dodd, Dr. F. H.	1	1	0		—	
Doggett, Miss Hilda		5	0		—	
Edwards, Dr. F. H.	1	1	0		—	
Evans, Dr. A. E.	1	1	0		—	
Evans, Dr. Erie	1	1	0		—	
Everett & Company, Messrs. (†per Dr. Helen Boyle)		—		†2	2	0
Everett, S., Esq., (†per Dr. Helen Boyle)		—		†5	5	0
Eyre, Dr. J. J.	1	1	0		—	
Fagan, Miss Th. M.		5	0		—	
Fairfield, Dr. Letitia	1	1	0		—	
Fanning, Miss F. E.	1	1	0		—	
Farmer, E. Esq.		5	0		—	
Farrer, The Lady		5	0		—	
FitzAdam-Ormiston, Mrs.	1	1	0		—	
Fleetwood, Miss C. P.		5	0		—	
Fleming, Dr. G. W.	1	1	0		—	
Fleming, H. A.		5	0		—	
Flugel, Mrs.		5	0		—	
Fox, Dr. E. L.	1	1	0		—	
Fox, Dr. J. Tylor		5	0		—	
Fox, Miss Evelyn	1	1	0		—	
Fox, Miss E. Margery	1	1	0		—	
Foxcroft, Miss H. G.		5	0		—	
Carried forward	81	10	0	78	18	0

	Subscriptions. £	s.	d.	Donations. £	s.	d.
Brought forward	81	10	0	78	18	0
Franklin, The Hon. Mrs.	1	1	0		—	
Furse, Dame Katharine, G.B.E.	1	1	0		—	
Gairdner, Miss A. E.		5	0		—	
Gillespie, Dr. R. D.	1	1	0		—	
Glen George, Mrs. (†per Dr. Helen Boyle) ...		—		†5	5	0
Goldschmidt, E., Esq.	1	1	0		—	
Good, Dr. J. S.	1	1	0		—	
Goodall, Dr. Edwin	1	1	0		—	
Gordon, Dr. R. G.	1	1	0		—	
Gosling, Miss F. M.	1	1	0		—	
Guardianship Society, (per Miss G. Woodhead) ...	1	1	0		—	
Hadden, Mrs. (†per Dr. Helen Boyle)		—			†10	0
Hadfield, Dr. J. A.	1	1	0		—	
Halford, Miss Jeanette	1	1	0		—	
Hamilton, Dr. D. L.		5	0		—	
Harris, Dr. H....		—			1	0
Hart, Dr. Bernard	1	1	0		—	
Haslock, Miss A. L.	1	1	0		—	
Hatch, Mrs. (per Dr. Helen Boyle)		—			†5	0
Heath-Jones, Miss Louise	1	1	0		—	
Henderson, Dr. Hester	1	1	0		—	
Herford, Dr. E. B. M.	1	1	0		—	
Hingston, Miss C. L.	1	1	0		—	
Hobhouse, Dr. E. W. Neill	1	1	0		—	
Holmes, Miss Gordon (*Propaganda)	1	1	0	*50	0	0
Horne, Miss (†per Dr. Helen Boyle)		—			†2	0
Horsfall, Miss Mary	1	1	0		—	
Horton, A. W. Esq.	1	1	0		—	
Hubback, Mrs.		5	0		—	
Hunnybun, Miss N. K.		5	0		—	
Hylton, The Hon. Lady	1	1	0		—	
Indian Association for Mental Welfare	1	1	0		—	
James, Dr. G. W. B.	1	1	0		—	
James, Miss Bertha	1	1	0		—	
Johnson, Dr. William	1	1	0		—	
Johnson, W. C. Esq.	1	1	0		—	
Jones, Miss Constance	1	1	0		—	
Jurgens, Mrs. (†per Dr. Helen Boyle)		—			†10	6
Kean, H. Esq. (†per Dr. Helen Boyle)		—		†5	0	0
Kean, Miss D. E.		5	0		—	
Kean, Mrs.	1	1	0		—	
Kendzior, Mrs.		5	0		—	
Kennedy, Miss Joan	1	1	0		—	
Kidd, Dr. Mary (†per Dr. Helen Boyle) ...		—			†5	0
Kimber, Dr. W. J. T.	1	1	0		—	
Kimmins, C. W. Esq.	1	1	0		—	
King-Turner, Miss A.		5	0		—	
Kitchin, Dr. Kathleen	1	1	0		—	
Lamburn, Mrs.	1	1	0		—	
Laski, Mrs.		5	0		—	
Lewis, Dr. Edward	1	1	0		—	
Limerick, The Rt. Hon. The Countess of	1	1	0		—	
Littlejohn, Dr. E. S.	1	1	0		—	
Lloyd, Miss A. J. (†per Dr. Helen Boyle)	1	1	0	†1	10	0
Lloyd, Miss Amy	1	1	0		—	
Lloyd, Miss Charlotte	1	1	0		—	
Carried forward	125	10	0	142	6	6

	Subscriptions. £ s. d.	Donations. £ s. d.
Brought forward	125 10 0	142 6 6
Lloyd, Miss E. M.	1 1 0	—
Lloyd, Miss M. J.	1 1 0	—
Lobjoit, Sir William	1 1 0	—
Locock, Miss K. B.	1 1 0	—
London, The Rt. Revd. The Lord Bishop of ...	1 1 0	—
Long, Miss Helen (†per Dr. Helen Boyle)	—	1 1 0
Lord, Lt.-Col. J. R.	1 1 0	—
Macaulay, Miss M. J....	5 0	—
McDougall, J. G., Esq.	1 1 0	—
McGeorge, Dr. Margaret	1 1 0	—
MacKenzie, Sir W. Leslie, K.B.E.	1 1 0	—
Macmillan, Sir Frederick	1 1 0	—
McMillan, T. D. D., Esq.	1 1 0	—
Makower, Mrs. Ernest	1 1 0	—
Mapother, Dr. Edward	1 1 0	—
Marr, Dr. Hamilton C.	1 1 0	—
Marshall, Miss Kate	5 0	10 0
Martin, Dr. Edith (†per Dr. Helen Boyle) ...	1 1 0	†1 1 0
Martin, Dr. E. S.	1 1 0	—
Menzies, Dr. W. F.	1 1 0	—
Moore, Dr. Stuart	5 0	—
Murphy, Lady	1 1 0	—
Murray, Sir James	1 1 0	10 0 0
Myers, Professor C. S.	1 1 0	—
National Assoc. for Promoting the Welfare of the Feebleminded	1 1 0	—
Nethersole, Miss Olga	1 1 0	—
Neville, Miss Blanche	1 1 0	—
Nevile, Sydney, Esq. (*Propaganda)	1 1 0	*10 0 0
New Maldon Women Citizens' Assoc. (per Dr. D. M. Odlum)	—	1 6 0
Nicholson, S. T., Esq.	1 1 0	—
Nolan, Dr. M. J.	1 1 0	—
Nicole, Dr. J. E.	1 1 0	—
Norman, Dr. H. J.	1 1 0	—
Northwood Branch P.N.E.U. (per Dr. H. Boyle)...	—	5 5 0
Odlum, Dr. D. M.	1 1 0	—
Odlum, Miss E. M.	1 1 0	—
Payne, Miss M. A.	1 1 0	—
Pelly, D. G., Esq.	2 2 0	—
Pereford, Miss Iona	1 1 0	—
Phillips, Dr. J. G. Porter	1 1 0	—
Pierce, Dr. Bedford	1 1 0	—
Pinney, Lady	1 1 0	—
Pinsent, Mrs.	1 1 0	—
Plunkett, The Rt. Hon. Sir Horace, K.C.V.O. ...	1 1 0	—
Porteous, Wing-Commander H. B.	1 1 0	—
Potts, Dr. W. A.	1 1 0	—
Rackstraw, Miss W.	5 0	—
Rae, Dr. J. Burnett	1 1 0	—
Raw, Dr. Nathan	1 1 0	—
Rea, Mrs. Alex L.	1 1 0	—
Reckitt, Miss J. E.	1 1 0	—
Reckitt Charity (Sir James) Trustees of	—	5 0 0
Rees, Dr. J. R.	1 1 0	—
Rendall, Miss F.	5 0	—
Carried forward	175 1 0	176 9 6

	Subscriptions. £	s.	d.	Donations. £	s	d.
Brought forward	175	1	0	176	9	6
Rickards, Dr. Esther	1	1	0		—	
Rickman, Dr. John	1	1	0		—	
Riddoch, Dr. George, 1928/29	2	2	0		—	
Ritchie, Miss E. M. (†per Dr. Helen Boyle) ...		—		†2	2	0
Robertson, Professor George M.	1	1	0	1	1	0
Rogers-Rowland, W. F., Esq.	1	1	0		—	
Rogers-Rowland, Mrs. W. F.	1	1	0		—	
Rolleston, Sir Humphry, Bart., (1927/28) ...	3	3	0		—	
Roger, R. E. Esq.	1	1	0		—	
Roger, Mrs. R. E.	1	1	0		—	
Ross, Dr. T. A.	1	1	0		—	
Ross, Dr. W. Dallas	1	1	0		—	
Scoresby-Jackson, Dr. Margaret	1	1	0		—	
Scott, The Rt. Hon. Sir Leslie F.	1	1	0		—	
Shaw, Miss J. B.	1	1	0		—	
Shelmerdine, Miss D. E.	1	1	0		—	
Shelmerdine, Miss D. M. L.	1	1	0		—	
Sikes, Dr. A. W.	1	1	0		—	
Sikes, Mrs. A. W.	1	1	0		—	
Singer, the late Sir Mortimer, K.B.E.	1	1	0		—	
Small, Miss J. L.		5	0		—	
Smith, Dr. James		5	0		—	
Smith, Sister A.		5	0		16	0
Southborough, The Rt. Hon. Lord	1	1	0		—	
Spencer, Dr. F. H.		5	0		—	
Stables, Ashley, Esq.	1	1	0		—	
Stedman, Captain H., I.M.S.		5	0		—	
Stephens, Dr. H. Frieze	1	1	0		—	
Stoneman, Miss Ethel, 1928/29		10	0		—	
Tabor, Miss Grace (†per Dr. Helen Boyle) ...		—		†1	0	0
Taylor, Dr. F.R.P.	1	1	0		—	
Teale, E. O. Esq., 1928	1	1	0		—	
Tennant, W. A., Esq.	1	1	0		—	
Tennant, Mrs. W. A.	1	1	0		—	
Thompson, Miss Helen G.	1	1	0		—	
Thomson, Sir Courtauld, K.B.E.	1	1	0		—	
Toye, Dr. E. J.	1	1	0		—	
Trench, Miss Avice	1	1	0		—	
Turner, Dr. F. W.	1	1	0		—	
Turner, Dr. Rose	1	1	0		—	
Underhill, Miss Elizabeth	1	1	0		—	
Vickers, Miss E. D.	1	1	0		—	
Vince, Mrs. Charles (†per Dr. Helen Boyle) ...	1	1	0		†10	6
Walker, Dr. Jane		5	0		—	
Walshe, M. C., Esq.	1	1	0		—	
Welch, H., Esq.	1	1	0		—	
Wharton, Dr. Effie, A.		5	0		—	
Whitwell, Dr. J. R.	1	1	0		—	
Willis, Sir Frederick J., K.B.E.	1	1	0		—	
Wilson, Dr. Isabel G. H.		5	0		—	
Worth, Dr. Reginald	1	1	0		—	
Wright, Dr. Maurice B.	1	1	0		—	
Wyatt-Smith, Miss R.	1	1	0		—	
	224	16	0	181	19	0

APPENDIX.

THE MENTAL HEALTH CONFERENCE.

30th October—2nd November, 1929.

PROGRAMME.

INAUGURAL MEETING.

Wednesday, 30th October. 8.30 *p.m.* *In Small Hall.*

Chairman : The Rt. Hon. The Viscount Brentford.

Speakers :

Sir Maurice Craig, C.B.E., M.D., F.R.C.P. (Chairman of The National Council for Mental Hygiene).

Laurence G. Brock, Esq., C.B. (Chairman, The Board of Control).

The Rev. Canon T. W. Pym, D.S.O., M.A. (Chaplain to H.M. The King).

Letitia Fairfield, C.B.E., M.D., D.P.H. (Divisional Medical Officer, Public Health Department, London County Council).

Sir Frederick Willis, K.B.E., C.B. (late Chairman, The Board of Control).

Lt.-Colonel F. E. Fremantle, O.B.E., F.R.C.S., F.R.C.P., M.P.

SEX EDUCATION.

First Session.

Thursday, 31st October. 4.30 *p.m.* *In Small Hall.*

Chairman : W. H. Fyfe, M.A., LL.D. (Headmaster of Christ's Hospital).

Speakers :

H. Crichton-Miller, M.A., M.D. (Hon. Director of the Tavistock Square Clinic).

Miss Geraldine Coster, B.Litt. (Wychwood School, Oxford).

Mrs. Neville-Rolfe, O.B.E. (General Secretary of The British Social Hygiene Council.)

(*To be followed by Discussion.*)

THE WORKING OF THE JUVENILE COURTS.

Group Discussion for Magistrates and Probation Officers.

Thursday, 31st October. 6 *p.m.* *Committee Room D.*

Chairman : The Lady Emmot, J.P. (ex-President, The National Council of Women).

Speakers :

Mrs. Barrow Cadbury, J.P.

Miss Clemence Paine (Probation Officer at the Shoreditch Juvenile Court).

(*To be followed by Discussion.*)

THE PERSONAL EQUATION IN INDUSTRY.

SECOND SESSION.

Thursday, 31st October. 8 p.m. In Small Hall.

Chairman : Sir Charles Wakefield, Bart, C.B.E., LL.D.

Speakers :

Millais Culpin, M.D., F.R.C.S. (Lecturer on Psycho-neuroses, London Hospital Medical School ; Research Worker, Industrial Fatigue Research Board).

Professor Winifred Cullis, C.B.E., D.Sc. (Professor of Physiology, University of London ; President of the International Federation of University Women).

(*To be followed by Discussion.*)

THE PLACE OF MENTAL HYGIENE IN SOCIAL AND PUBLIC HEALTH WORK.

FIRST SESSION.

Friday, 1st November. 2.15 p.m. In Small Hall.

Chairman : Sir George Newman, K.C.B., M.D., F.R.C.P., D.P.H. (Chief Medical Officer of the Ministry of Health and of the Board of Education).

Speakers :

Sir Humphry Rolleston, Bart., G.C.V.O., K.C.B., M.D., F.R.C.P. (Physician in Ordinary to H.M. The King ; Regius Professor of Physic, University of Cambridge).

H. P. Newsholme, M.A., M.D., F.R.C.P., D.P.H. (Medical Officer of Health to the City of Birmingham).

Miss E. M. Lawrence, B.Sc. (Chief Social Worker, The Child Guidance Clinic).

Miss Hester Viney, S.R.N. (The College of Nursing).

(*To be followed by Discussion.*)

THE CHILD AND THE PARENT.

SECOND SESSION.

Friday, 1st November. 4.30 p.m. In Small Hall.

Chairman : Dr. Cyril Norwood, M.A., Hon. D.Litt. (Headmaster of Harrow School).

Speakers :

The Rev. L. W. Grensted, M.A. (Fellow of University College, Oxford).

A. Helen Boyle, M.D. (Senior Hon. Physician, The Lady Chichester Hospital, Hove ; Member of the Child Guidance Council).

(*To be followed by Discussion.*)

DELINQUENCY—A PROBLEM IN MENTAL HYGIENE.

THIRD SESSION.

Friday, 1st November. 8 *p.m. In Small Hall.*

Chairman: Alexander Maxwell, Esq., C.B. (Chairman of the Prison Commission).

Speakers:

J. A. Hadfield, M.A., M.B. (Lecturer in Psychology, University of London).

W. Clarke Hall, Esq. (Metropolitan Magistrate at Old Street Police Court, E.C.2).

(*To be followed by Discussion.*)

THE PROBLEM CHILD AT HOME AND IN SCHOOL.

Group Discussion for Parents and Teachers.

Saturday, 2nd November. 11 *a.m. Committee Room D.*

Chairman: R. H. Crowley, M.D. (Senior Medical Officer, Board of Education.)

Speakers.

Miss E. M. Nevill (Psychologist to the Children's House, Bow; Home and School Council).

E. A. Hamilton-Pearson, M.B., Ch.B. (Physician, The Tavistock Square Clinic).

(*To be followed by Discussion.*)

PROCEEDINGS.

"Mens sana in corpore sano" might well have been adopted as the motto of the first Mental Health Conference, for it was an attempt to show, as may be gathered from the programme, that the mental hygiene movement embraces every department of social life, every social problem; that it is not merely a medical movement, but the intimate concern of every individual and public body in this country. These points are clear, firstly from the list of over 100 Societies and Associations which co-operated in the Conference by sending delegates and, secondly, from the enthusiastic audiences which filled the hall at every session.

The European and American Leagues and Committees of Mental Hygiene were invited to send representatives, and though only two were able to do so—Belgium, who sent Dr. F. Sano of Gheel, and Sweden, who was represented by Dr. Josef Lundahl, of Visby, and his wife—messages of goodwill and congratulation were received from Austria (Dr. Pilcz), Germany (Dr. Sommer), Italy (Dr. Ferrari) Russia (Dr. Rosenstein), Spain (Dr. Rubiano), and Switzerland (Dr. Repond). Mr. Clifford Beers, the Founder and General Secretary of the American National Committee for Mental Hygiene, sent warm

good wishes and regrets that he could not be present, and the Massachusetts Society for Mental Hygiene wrote expressing its great interest in the programme, though it had been found impossible to send a representative to the Conference.

Among those attending the Conference were people from almost every part of the world: Melbourne, Sydney, Tasmania, the United States, Canada, India, South Africa (the Chairman of the Johannesburg Committee for Mental Hygiene), an American medical missionary from China, and a party of students from the International League of Red Cross Societies representing nearly every country in Europe. People were present from most of the cities, large towns, and country areas in England, and many came from Scotland. But the audiences were not only cosmopolitan in character, they were also representative of most professions and, through the co-operating societies, of every aspect of social work: doctors, nurses, teachers (both elementary and secondary), magistrates, probation officers, social workers of all kinds, Education and Public Health Authorities, members of School Care Committees, Guardians, mental health workers, psychologists, parents, employers and employees, both professional and industrial. In fact, the audiences at the Conferences made up a little world in themselves, so proving that there is in this country a deep and growing interest in the problems of mental health, and that people are genuinely anxious to learn all they can on the subject.

Wednesday, the 30th October, 1929.

The Inaugural Meeting of the Conference was held at 8.30 on the 30th October, presided over by the Viscount Brentford. The Minister of Health (the Rt. Hon. Arthur Greenwood, M.P.), whose parliamentary duties prevented him from being present, sent a cordial message of good wishes, which was read by the Chairman, expressing the appreciation of the Government of the need for greater facilities for early mental treatment, and the hope that legislation for this purpose will shortly be introduced. Messages were also read from the Rt. Hon. David Lloyd George, and from the European and American Committees of Mental Hygiene already mentioned, wishing the Conference every success.

The Chairman, who was supported on the platform by Lord and Lady Southborough, Sir Maurice Craig, Dr. A. Helen Boyle, Dr. Letitia Fairfield, Lady Erleigh, Sir Frederick Willis, Lt.-Col. F. E. Fremantle, M.P., Mrs. Stanley Baldwin, Mr. Laurence Brock (Chairman of the Board of Control), Dr. H. B. Brackenbury, Dr. H. Crichton Miller, the Hon. Secretaries of the Council, and others, emphasised in his opening remarks the progress that had been made of late years in the treatment of mental disorders, and the urgent need of the present day for preventive work. He touched upon the different aspects which would be dealt with by the speakers in the subsequent sessions, and concluded by expressing the hope that the next few years would

see the establishment of a Chair of Mental Hygiene at every University and Medical School.

Sir Maurice Craig (Chairman of the Council) then spoke of the history of the mental hygiene movement, and laid stress upon the fact that it was pre-eminently a layman's movement, and had, in fact, been initiated by a layman, Mr. Clifford Beers of New York. He went on to show that it was, further, most emphatically concerned with prevention, pointing out that though it is a laudable thing to cure disease, it is far better to prevent it. The aims of the National Council were wide, for they embraced life itself. The Council aimed at building up sound mental health for the nation, and to do this a new concept of mental disease and disorder must be accepted. This might be summed up in the statement of the Royal Commission on Mental Disorder in its Report of 1926 :—" There is no clear line of demarcation between mental illness and physical illness." Sir Maurice spoke of the confusion often existing in the public mind between insanity and mental disturbance, and laid stress on the fact that the former term should only be used for the gravest stages of mental illness, pointing out how much ignorance and prejudice had in the past added to the sufferings of the mentally afflicted. He emphasised the need for the reform of the Lunacy Laws, and of the importance of increased facilities for the treatment of early symptoms of mental disturbance, particularly in childhood, because it had been proved that many of the problems of later life were due to neglected mental difficulties in early years. Finally, he spoke of the work of the Tavistock Square Clinic, and of the proposal to extend its scope by the establishment of an Institute of Medical Psychology.

Mr. Laurence Brock (Chairman of the Board of Control) spoke of the need for a kinder and more understanding attitude on the part of the general public with regard to mental patients. Legislation was urgently needed to enable mental hospitals to treat voluntary patients and thus to bring the treatment of mental illness into line with that of physical illness.

Canon T. W. Pym spoke with great appreciation of the admirable work done for early mental and nervous cases by the Tavistock Square Clinic, and urged the necessity of all Christian persons to support this movement, which could do so much to relieve suffering and to build up healthy-minded men and women.

Dr. Letitia Fairfield took as her particular subject that of Child Guidance, and laid emphasis on the importance of wise training and good habit formation in childhood. It was now agreed by both psychologist and criminologist that many of the mental troubles of adult life, and much of the crime of to-day, were due to a misunderstood childhood. She urged the need for highly trained experts in the work of Child Guidance, and concluded by emphasising the fact that the clinics existed, not to take the place of parental training and home influences, but to strengthen and assist the parents in times of special difficulty or perplexity.

The meeting then concluded by a vote of thanks to the Chairman for presiding, which was moved by Sir Frederick Willis and Lt.-Colonel F. E. Fremantle.

Thursday, the 31st October,

The first Session on this day was devoted to a consideration of "Sex Education." A great deal of interest was aroused by this subject, and the hall was filled to its utmost capacity. The Chairman, Mr. W. H. Fyfe (Headmaster of Christ's Hospital), in introducing the subject, said a few words on his own experience of the subject among schoolboys.

Miss Geraldine Coster (Principal of Wychwood School, Oxford) then gave a most interesting and illuminating address based on her practical experience of schoolgirls. She commented on the change for the better in parental outlook in recent years; parents now admit that their children should be taught the facts of sex, though few were prepared to undertake the instruction, so the task fell to the schoolmistress. Miss Coster laid great emphasis on the importance of giving this instruction only at the right moment. A child needed it at the moment when its curiosity had been aroused, and simple and definite information should then be given, otherwise the child might be left in a confusion of tormenting fantasies. But, on the other hand, it was dangerous to force a knowledge of sex upon children before they were ready for it, as the sensitive child mind might receive a shock from which it would not easily recover. The important thing was that the teacher should build up a frank and friendly relationship with the children, so that it would be natural and easy for them to come to her in difficulties, and, further, to make sure that she herself had the right attitude towards sex, so that the children could unconsciously acquire her standpoint and see the whole question of sex as part of the high standard of service and personal integrity which should be an essential part of the school atmosphere.

Dr. Hugh Crichton-Miller (Hon. Director of the Tavistock Square Clinic) began by discussing the attitude of the adult on this question. Many parents unconsciously did not wish their children to grow up, and so kept them in the dark with regard to sex. Many had never attained a right attitude to it themselves, and so were incapable of answering their child's innocent questions. He laid stress on the fact that the ethical side should not be emphasised, grown-up standards should not be forced upon children. They should be asked to exercise self-restraint, as they are asked to accept discipline, on grounds that are comprehensible to them.

Mrs. Neville-Rolfe (General Secretary of the British Social Hygiene Council) spoke of the need for simple and constructive teaching on the biological and physiological development of the individual in schools. The deplorable ignorance of the elementary facts of sex among young people of all classes was at the root of some of the major social problems

of to-day. The problem was how to translate scientific knowledge into popular teaching so that it might be within the reach of all, and how to develop a sense of individual responsibility in the exercise of the racial function. She pointed out that the attitude of the community towards sex was a governing factor in its social customs, and suggested that, possibly, restraint in sex matters might be necessary to intellectual and social progress.

A most interesting Session, intended principally for Magistrates and Probation Officers, was held on " The Working of the Juvenile Courts," at which the Lady Emmott presided. Mrs. Barrow Cadbury, of Birmingham, spoke from the Magistrates' standpoint, and gave a brief survey of the attitude taken by the law towards child criminals from the tenth century to the present day. The Probation of Offenders Act of 1907 and the Children's Act of 1908 marked a great advance by introducing the idea of reform rather than punishment in dealing with young offenders. She emphasised the need for sympathy and understanding on the part of the magistrates appointed to the Children's Courts, and of careful investigation into the underlying—and often unsuspected—causes of the child's anti-social conduct.

Miss Clemence Paine (Probation Officer at the Shoreditch Juvenile Court) followed with a most telling speech on the subject from the angle of the Probation Officer, illustrating her points by examples taken from her experience of probation work. She, too, laid great stress on the importance of finding out exactly *why* the child had committed the offence which had brought him before the Court. It is not enough to punish—that may in some cases merely set his feet more firmly on the downward path—the point was to find out what motive lay behind his conduct. Hence the need for complete investigation of home conditions and school life, of establishing friendly relations with the child himself, and of having in the background experts to whom the child may be referred for physical and mental treatment. Miss Paine spoke also of the need for close co-operation between the Home Office schools and the Probation Officer, comparing it with the link between the medical practitioner and the hospital. The chief quality needed in a Children's Court, she considered, was that of *elasticity*. There could be no hard and fast rule as to how the cases should be dealt with : each must be considered individually in the light of all possible data as to conditions, circumstance and character ; and, above all, the official must try to see the incident through the child's eyes.

The last session of the day was entitled " The Personal Equation in Industry," and was presided over by Sir Charles Wakefield. In his opening remarks he drew attention to the fact employers were coming to realise more and more that the psychological factor had to be considered in industrial conditions. To treat men as machines was not only inhuman but economically wasteful.

Dr. Millais Culpin, who is engaged upon research work for the Industrial Fatigue Research Board, gave a most interesting account

of the study which was being made into the mental and nervous reactions of 1,500 workers of all ages and classes, showing how symptoms might be aggravated by unsuitable conditions, and how necessary it was to distinguish between nervous symptoms and nervous disability. Nervous breakdown was, he said, rarely due to overwork ; the cause was usually to be found in the personal equation of the worker. Some people were temperamentally unsuited to certain kinds of work, and if obliged to continue in it would become ill. The remedy lay in setting them to congenial work for which they were by nature fitted. Dr. Culpin estimated that 25 per cent. of workers suffered from nervous symptoms which seriously impaired their happiness and efficiency.

Professor Winifred Cullis then followed up Dr. Culpin's paper by speaking of the work being done by the National Institute of Industrial Psychology in the realm of vocation guidance. Efforts were being made to solve the problem of the " square peg in the round hole " by submitting children to vocational tests as they leave school. The tests were designed to discover the particular qualities and capacities possessed by each individual in order to advise him as to the direction in which these capacities might best be employed, and in which he might find congenial and satisfying work. The great tragedy of unemployment, now that the fear of physical starvation had been removed, was that people were robbed of the happiness which comes from work well and truly done.

Friday, the 1st November.

The first session of this day was devoted to a consideraton of " The Place of Mental Hygiene in Social and Public Health Work." Sir George Newman, who presided, spoke of the magnitude to which the problem of mental abnormality had grown, and pointed out that soundness of mind was the key to all human progress. Sir Humphry Rolleston, who was to have spoken at this meeting, was unfortunately prevented by his university engagements.

Dr. H. P. Newsholme (Medical Officer of Health for Birmingham) defined mental ill-health as a failure to adapt one's self to the needs of life, and stressed the importance of good habit-formation in childhood. He laid it down that the main factors in positive mental health might be described as interest, effort, regularity, controlled concentration, and intellectual and emotional honesty.

Miss E. M. Lawrence (Chief Social Worker at the Child Guidance Clinic) was unable to read the admirable paper she had prepared owing to the sudden illness of her father. The paper was, however, read on her behalf by another member of the Clinic staff. Her subject was the opportunities afforded by the Public Health Services for mental welfare work. The social worker, trained in mental hygiene, should be the channel through which scientific knowledge regarding mental health and illness can penetrate the lay mind. Her opportunities of close contact with those among whom she worked would enable her

to detect early symptoms of maladjustment and mental stress, and to suggest the advisability of expert advice and treatment. She should be, also, a most valuable adjunct to the psychiatrist in the field of after-care which is so essential to the maintenance of sound mental health. Finally, Miss Lawrence sketched briefly the qualities required in mental welfare workers and the scope of their training.

Miss Hester Viney (of the College of Nursing) spoke from the point of view of the Public Health Nurse, showing the opportunities afforded by her work for effective educational propaganda, and urged that the principles of mental health should be as widely taught as those of physical health. She instanced the continual exercise of the emotion of fear in young children owing to the slum conditions in which they lived as being one of the principal causes of mental troubles, and suggested some practical remedies, such as nursery schools, roof gardens, special enclosed playgrounds for small children in the public parks, etc., so that they might play in the open air with a sense of security.

Dr. Cyril Norwood (Headmaster of Harrow School) took the chair at the session on " The Child and the Parent," and in his opening remarks pointed out that the relationship between parent and child must necessarily be one of " give and take," and modern psychology tended to blame the parent for whatever went wrong in the child's upbringing.

The Rev. L. W. Grensted (of University College, Oxford) emphasised the fact that the natural environment of the child was the home, and that despite the modern tendency of the State to undertake the education and training of children, the responsibility lay with the parents. Psychology had re-discovered the importance of the intimate link between child and parent which nothing could replace. He urged the need for a simplification of home life and the cultivation of leisure, since social progress depended on a high national standard of family life.

Dr. A. Helen Boyle spoke of the importance of training in adaptability in early life. Are our children, she asked, being brought up so that they can meet the demands of life without undue effort or expenditure of will-power? There was danger in a too-perfect upbringing, in too much care and too much regularity, as it unfitted the child for adult life. Children should be encouraged to do things for themselves, and to find out things for themselves, and parents should not expect too much of themselves or of their children, but cultivate an atmosphere of mutual confidence. Finally, Dr. Boyle quoted the philosopher, whose dictum that the secret of life was to remember " of nothing too much," might well, she considered, be adopted as a motto by parents.

At the evening session on " Delinquency—a Problem in Mental Hygiene," the chair was taken by Mr. Alexander Maxwell, Chairman of the Prison Commission, and Mr. Clarke Hall, Metropolitan magistrate at Old Street Police Court and at the Shoreditch Juvenile Court,

was the principal speaker. He traced the gradual improvement in the public attitude towards the delinquent from the days when a child was hanged for a piece of destructive mischief to the present day, when the idea of reformation was gradually taking the place of retribution. There could, however, be no true justice without taking into consideration the circumstances of environment and heredity, and there was, as yet, no provision for the complete knowledge of these in English law. Mr. Clarke Hall dwelt on the importance of the Juvenile Courts from the sociological point of view, since most habitual criminals began their anti-social careers at an early age, and urged the necessity for expert medical and psychological advisers in connection with every Court.

Dr. J. A. Hadfield, who had promised to read a paper on this subject, was unfortunately prevented by illness, but Dr. Hugh Crichton-Miller, Dr. R. D. Gillespie, and Dr. W. A. Potts each spoke briefly of their own experiences of the problems connected with delinquency, and among other points laid emphasis on the need for psychological examination of prisoners in all cases where any mental abnormality was suspected.

Saturday, the 2nd November, 1929.

The final meeting of the Conference took the form of a discussion intended primarily for parents and teachers, on " The Problem Child at Home and in School." The chair was taken by Dr. Ralph Crowley (Senior Medical Officer of the Board of Education), who spoke briefly on the importance of co-operation between the home and the school, so that the child's life should not be episodic but form a harmonious whole in which he might develop mentally on sound lines.

Miss E. Mildred Nevill (Psychologist to Frensham Heights School) distinguished three main groups of problem children—disturbers of the peace, reality shirkers, and moral offenders. She instanced cases in which serious trouble had arisen from comparatively small and unnoticed causes, and which needed sympathy and common sense to set right. She made a plea for the outstandingly clever child who was frequently a misfit because of his endowments which set him apart from his fellows, and often produced in him an anti-social attitude of superiority. The remedy lay, she suggested, in the provision of special classes for the exceptional children wherein they would find their own level and cease to be misfits.

Dr. Hamilton-Pearson provoked a keen discussion by suggesting that modern methods of education created problem children by insisting on a uniform system for all types of minds. Many children thus lost the power of initiative and confidence which they had originally possessed and acquired a sense of inferiority. He spoke of the tendency of young people to-day to be unwilling to grow up and face the responsibility of adult life, and suggested that it was often the result of a surfeit of pleasure. Children were allowed to share

practically all the amusements of their elders, and adult life offered them few additional pleasures and much responsibility and discipline. A healthy mind, he said, could only result from a right attitude towards life, and children should be given opportunities of building up that attitude for themselves out of their own experience. Many of the audience took part in the discussion which followed these papers, and the comments and opinions offered showed that both parents and teachers are keenly interested in and alive to the importance of the psychological factor in education.

Thus ended the first British Conference on Mental Health, which will, it is hoped, be the first of many.*

EVELYN GRIFFITH.

*The Proceedings of the Conference on Mental Health, edited at the request of the Joint Committee, by J. R. Lord, C.B.E., M.D., F.R.C.P.E., will shortly be published by Messrs. Adlard & Sons., Ltd., 21 Hart Street, London, W.C.1, and may be had on the order of any Bookseller or from the Offices of the National Council, 78 Chandos House, Palmer Street, London, S.W.1, or from the Tavistock Square Clinic, 51 Tavistock Square, London, W.C.1.

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MENTAL HOSPITALS AND THE PUBLIC:

THE NEED FOR CLOSER CO-OPERATION

BY

J. R. LORD, C.B.E., M.D., F.R.C.P.E.

Lecturer on Clinical Psychiatry, London School of Medicine for Women (Royal Free Hospital).
President of the Royal Medico-Psychological Association (1926-27).
Co-Editor of the 'Journal of Mental Science';
Hon. Secretary of the National Council for Mental Hygiene.

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Some Press Notices.

"This booklet should be widely read both by lay people and by nurses—the first because the general attitude regarding mental hospitals is still mediæval; and by nurses for its valuable history of the care of mental patients."—*The Nursing Times*, July 16, 1927.

"To place the management of mental affections upon the same plane as that of physical diseases, necessitates the public being retaught to view both with a level eye. Colonel Lord attempts to do this, and he does it so well that he may hope for considerable success, if he can get his pamphlet read sufficiently widely."—*The Medical Officer*, May 21, 1927.